



CITY OF SAINT PAUL
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2009 Capital City Football League Weigh In and Identification Process

1. Each team must have a completed Capital City Youth Football electronic roster prior to the scheduled date for weigh ins. It is very important that the team roster is completed prior to the scheduled weigh in. The roster must include the following info for each individual:

- * Name
- * Address
- * Phone
- * Birth Date
- * Grade
- * School
- * Jersey Number

2. Each individual football participant must present proof of age prior to weigh in. Approved documentation includes: a copy of birth certificate, baptismal certificate, certified letter from St. Paul Public Schools.

3. At the time of weigh ins, please have the players in line, and a copy of the proof of age in the same order as they appear on the completed team roster.

4. After the individual player has weighed-in, a photo will be taken (11U, 12U and 14U) no photos required for the 10U division. To assist with the ID process, please make sure each individual photo encompasses the waist area and their face. This should allow inclusion of the worn jersey with number. **Also, it is very important that the photograph number corresponds with the name of the respective player on the roster.**

5. At the completion of the weigh in and identification process, please forward the team roster and memory cards to Municipal Athletics no later than Tuesday September 1st. Municipal Athletics will conduct the remaining weigh in date (Sept. 12th). When the weigh-ins are completed on Saturday, Sept. 12th all information will be forwarded to the Municipal Athletic office for completion.

* Reminder: Each participant may only weigh in once. Each individual must weigh in and provide proof of age prior to participating in a game (including preview).



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